



Bedford Recreation Department

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www.bedfordrecreation.org

Joan Turnberg, Founder, Live-Life-Well

Joan Turnberg, Certified Wellness Coach, helps individuals make lifestyle changes in exercise, weight management, nutrition, health, and stress so that individuals can feel comfortable in their own skin, leading to more joyful living. Joan has a gift for shifting a person's focus from feeling overwhelmed to feeling a sense of ease. People who have worked with Joan have experienced increased vitality, aliveness, and weight loss.

Joan is also an enthusiastic Nia Instructor (an exercise form combining dance, martial arts, and yoga). She teaches Nia at a variety of venues: Corporate locations, Town Recreation Departments, Yoga Studio, and private classes. When she attended her first Nia class, she resonated with the movements immediately. Less than a year later, Joan became a Certified Nia Instructor. With previous experience in Tae Kwon Do and Kenpo, Nia embodies elements of martial arts she enjoys while incorporating music and dance. After class, individuals consistently remark that they feel energized and relaxed at the same time.

In addition, Joan is a licensed and nationally certified Massage Therapist specializing in reducing muscular tension and increasing relaxation.

Joan is a 1996 graduate of the Muscular Therapy Institute in Cambridge, MA and has advanced training in massage for pregnant women, labor, and postpartum period and Reiki. Joan offers stress resiliency workshops called "Are You Breathing?" in which participants learn grounding and relaxation techniques using visualization. She is a member of the American Massage Therapy Association (AMTA).

Previously, Joan was the Training and Development Manager at Abbott Laboratories, MediSense Products and she has a degree in Medical Technology.

Joan Turnberg: www.Live-Life-Well.com [joan@live-life-well.com]

Professional Affiliations

- Member, **[Bedford Chamber of Commerce](http://www.bedfordchamber.org)** - promoting local businesses and enhancing community through a variety of programs.
- Director, Bedford Working Women's Alliance- a networking group supporting local businesswomen. www.bedfordchamber.org
- IDEA Health & Fitness Association www.idealife.com

American Massage Therapy Association (AMTA) www.massagetherapy.org